How to Prevent Bullying

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ABSTRACT: Bullying, it needs to be stopped. It isn’t enough just to want it to not happen; you have to do something about it. Talk to your child’s or friends teachers at school, talk to your child or friend one-on-one. Take a stand against bullying; prevent it from happening.

KEYWORDS: Prevent, stop it in its tracks, bullying

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How does bullying start; and what can we do to prevent it, or as many people say stop it in its tracks? In many cases bullying starts when a person feels insecure about themselves, or are jealous of others. Many times it also, or stems, from teasing. Once teasing becomes repetitive it becomes bullying, though people may not always realize it or pay attention. There are many ways in which we can stop the issue of bullying, but the question is will we?

One way to stop bullying is for everyone to treat each other with respect. Stop and think before you say or do anything that could hurt someone. Find a different way to let out your anger other than being mean to someone; watch TV, play a game, or talk to someone. Apologize when you do something wrong. Talk to a parent or an adult you trust to help you find ways to be nicer to others. No one is better than another person, they are just different. If you are being bullied, ask the person to stop nicely, never fight violence with violence. Stay near others. Stand up for others who are being bullied, include that person in activities (“What You Can Do”, n.d., par 2).

Another way to prevent bullying from happening is to pay attention and not ignore it. Always be on the lookout, and keep an eye out for warning signs such as not wanting to go to school, sudden change in the way they talk, increased passivity or withdrawal, sudden drop in grades or other learning problems, etc. (“Bullying and Teasing.”, n.d., par 6). And because children aren’t always willing to talk about what is happening to them at school, or over the internet there are other warning signs to look out for; these include depression, crying, decreased appetite and ripped clothing (“How parents”, n.d., par 3).

If you find out, or discover, that your child or other kids are being bullied have a talk with them, discuss it with them, but don’t just say to let it go or to suck it up. The more you talk with your child or other children, the more you are able to understand what is going on in their life, and the more likely you are to help. Be sure to also let the person being bullied that you will always be there, and that you would always be more than happy to help. Let your child or other kids as well know that violence is never the answer, and there are other ways to solve the issue (“How parents”, n.d., par 3).

The next way to help prevent bullying is to help your child or others to begin to problem solve. Role-play certain situations and teach your child ways to respond to the bullying. You could also suggest that they join some school clubs or teams, in order to give her a different perspective and maybe a chance to make some friends. Try to intervene and help resolve any problems with bullying from the get go, that way it can be stopped in its tracks and won’t continue to get worse. If you are concerned or worried about your child and things that may be, or are, happening share with a teacher at school what the person being bullied told you and be sure to describe to them any bullying you have or may have witnessed (“Bullying and Teasing.”, n.d., par 6).

There are many other ways as well to prevent bullying from happening. These ways include but are not limited to: Asking a teacher to keep an eye out, ask how the child is responding to being bullied, and ask to either meet the school counselor, psychologist, or request a referral to the appropriate school professional. In other words, consider the option or possibility of therapeutic intervention (“Bullying and Teasing.”, n.d., par 12).